

# Hawaii MARINE LIFESTYLES

HAWAII MARINE B SECTION

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FEBRUARY 22, 2008



Gavin M. Burgess, 5, enjoys a forkfull of Cinnamon's Restaurant pancakes during breakfast at the Kailua establishment Monday. Cinnamon's is home to nearly 100 pancake recipes with daily and weekly specials.

## DIG IN



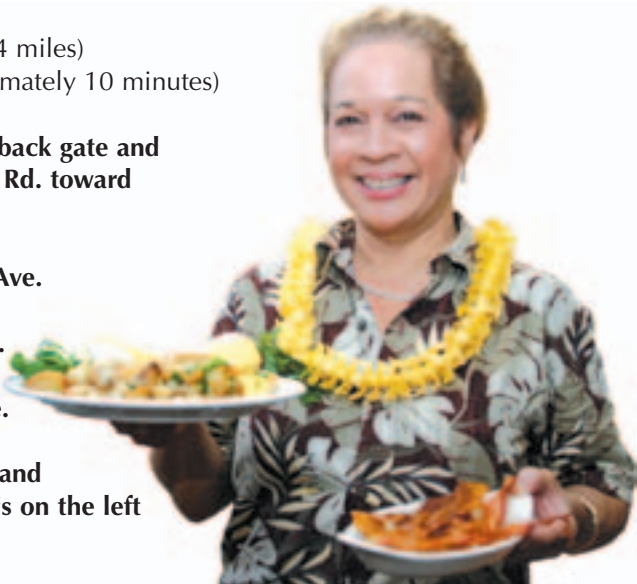
Cinnamon's was established in 1985 by locals Norman 'Puna' Nam and his wife Bonnie. More than 23 years later Bonnie still bakes the restaurant's 'Cinnamon's Rolls' daily.

## Island's best breakfast awaits in Kailua

### Directions to Deliciousness

(Distance - 4 miles)  
(Time of drive - Approximately 10 minutes)

- Make your way out the back gate and continue along Mokapu Rd. toward Nunu St.
- Turn left at N. Kalaheo Ave.
- Turn right at Mookua St.
- Turn left at Maluniu Ave.
- Turn right at Uluniu St. and Cinnamon's Restaurant is on the left in Kailua Square.



**Cpl. Mark Fayloga**  
*Combat Correspondent*

The sun's barely been up for a half-hour and already Cinnamon's Restaurant in Kailua is near capacity. The smell of freshly brewed Kona coffee fills the air and fuels the pulsing conversations serving as the morning's soundtrack. It isn't the average drone of noise heard in a typical restaurant. It's familiar, almost comforting — as a loyal patron puts it, "It's like coming to a friend's house."

One of the establishment's founders, Norman "Puna" Nam, sits at a front table on the lanai, enjoying a cup of coffee and sharing greetings with regulars. He knows some by name and offers a friendly wave as they head to their tables. Others he can only identify as "eggs benedict with hollandaise on the side," or "Loco Moco with extra gravy" but offers an equally affable hello.

He's a large man, at least in his sixties and with a smile decades younger. He takes another sip of his coffee before sharing a driving force behind the success of the restaurant, and a personal philosophy on life.



A mother and daughter walk by Kailua Square, the location of Cinnamon's Restaurant, Monday morning.

"You have to do it with love," he says. "With anything in life, if you want to be successful you have to do it with passion and because you want to do it. If you do it any other way — it shows."

When Cinnamon's was first starting out more than 23 years ago, Puna and Carsie Green, head cook and a partner in the restaurant, were working on perfecting their now renowned hollandaise sauce.

The sauce is an emulsion and requires a steady, skillful hand as all ingredients must be properly mixed and added at the right time and temperature so as not to ruin the emulsion, causing the sauce to break.

In their early days Green would make the sauce using three to four eggs at a time, and often when rushing would make a mistake, and as the sauce broke, so did his temper.

"He would be furious when the sauce was ruined," Puna said. "He has no formal training in culinary arts, but is self-taught and extremely talented. When the sauce didn't turn out right all I could say was, 'You have to do it with love.'"

See CINNAMON'S, B-5



# PASS IN REVIEW



## WARNING

Mediocre sci-fi film  
more motion sickness  
than motion picture

**Cpl. Rick Nelson**  
*Community Relations NCO*

As I was walking through the mall this weekend slurping a strawberry smoothie, I got the great idea after a mind-boggling brain freeze to go see the theatrical adventure “Cloverfield.” Ignoring the movie’s warning labels, stating the movie shouldn’t be viewed if the person is susceptible to motion sickness, I purchased my tickets, salted pretzel combo and sat down to view what turned out to be a movie that made my stomach churn more than the Zipper at Bayfest. The movie begins in a studio apartment in downtown Manhattan with a bunch of no name actors having a going away party for one of their good buddies, Rob Hawkins (Michael Stahl-David), who has just accepted a new job in Japan. After a little background information on Rob and his down low lover Beth (Odette Yustman), an earthquake strikes the island out of nowhere. Little did the partygoers know this was far from any earthquake; it was the beginning of the end. While standing in the middle of the road, contemplating what just happened, ideas of another terrorist attack came to people’s minds. But they were surprised as fireballs start descending upon them, destroying their beloved city, with buildings coming down all around them.



Then the first sighting of whatever was destroying the city brought fear to them all. Terror surged throughout the city as people began running frantically through the streets like chickens with their heads cut off. Around this time, the Army shows up to take care of business, but you’ll have to see for yourself how they fare.

Rob’s cell phone rings, and it’s his beloved Beth begging for help; she’s injured. Before finding out her position the phone dies because he forgot to put it on the charger the night before, which makes for an interesting search through the broken down city. I really can’t go into more details of the movie or it will give away some of the key parts like: did he find his queen? Did they survive the attack? Did the Army turn things over to the Marines to get it done right? And, did Rob start charging his phone at night?

It wasn’t a horrible movie, except for the fact I wished I would have taken a Dramamine to calm my tummy before viewing it. The closest thing I can compare the film’s cinematography to is “The Blair Witch Project.”

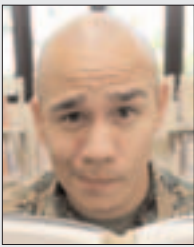
## Better Know A Critic



**Random 3 from top 10 movies**  
X-Men, The Empire Strikes Back, Stardust  
**A favorite movie quote**  
“You seem like a decent fellow — I hate to die.”  
**Favorite male/female actor**  
David Tennant, Sarah Michelle Gellar



**Random 3 from top 10 movies**  
Teenage Mutant Ninja Turtles 2: The Secret of the Ooze, Jaws, Indiana Jones trilogy  
**A favorite movie quote**  
“You’re gonna need a bigger boat.”  
**Favorite male/female actor**  
Al Pacino, Natalie Portman



**Random 3 from top 10 movies**  
Paper Moon, Rocky, Forrest Gump  
**A favorite movie quote**  
“What we’ve got here is failure to communicate.”  
**Favorite male/female actor**  
Dustin Hoffman, Zoëy Deschanel



**Random 3 from top 10 movies**  
Salt on Sea, The Professional, Goodfellas  
**A favorite movie quote**  
“You can take away our cell phones and you can take away our keys, but you can’t take away our dreams, because we are sleeping when we have them.”  
**Favorite male/female actor**  
John Malkovich, Scarlett Johansson



**Random 3 from top 10 movies**  
Amelie, Last of the Mohicans, Star Wars  
**A favorite movie quote**  
I don’t know quotes.  
**Favorite male/female actor**  
Johnny Depp, Natalie Portman



**Random 3 from top 10 movies**  
Flags of Our Fathers, Scooby Doo and The Witch’s Ghost, Resident Evil  
**A favorite movie quote**  
“Hail to the king, baby.”  
**Favorite male/female actor**  
Bruce Campbell, Milla Jovovich



**Random 3 from top 10 movies**  
It, Beetlejuice, The Science of Sleep  
**A favorite movie quote**  
“How happy is the blameless Vestal’s lot! The world forgetting by the world forgot: Eternal sunshine of the spotless mind! Each prayer accepted, and each wish resigned.”  
**Favorite male/female actor**  
Jim Carrey, Kirsten Dunst



**Random 3 from top 10 movies**  
Edward Scissorhands, Amadeus, The Princess Bride  
**A favorite movie quote**  
“With enough courage you can do without a reputation.”  
**Favorite male/female actor**  
Johnny Depp, Helena Bonham Carter



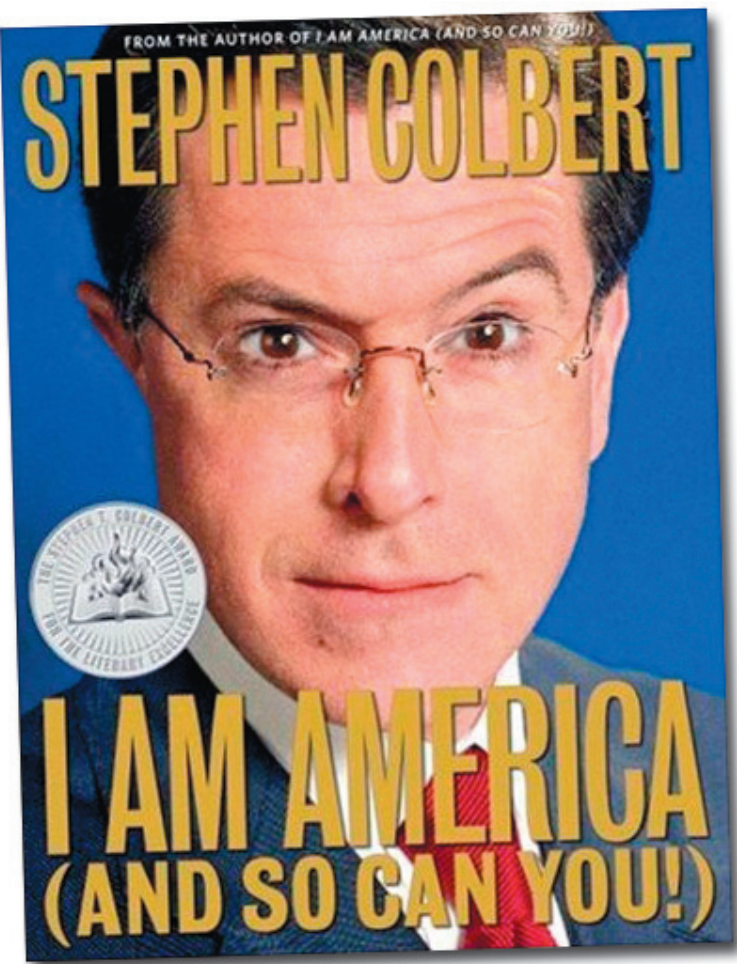
**Random 3 from top 10 movies**  
Blow, Scarface, Borat  
**A favorite movie quote**  
“This is Sparta!”  
**Favorite male/female actor**  
Brad Pitt, Lena Headey

### New Movie Quick Hit

3 out of 4 (On Target)

With its vivid imagery and slick editing, "Atonement" deserves all of its seven Oscar nominations. Amazingly, director Joe Wright hasn't earned more praise for his use of lighting and color to provoke the audience's emotions. The movie centers on the tragedy of British lovers Robbie Turner (James McAvoy) and Cecilia Tallis (Kiera Knightley) separation from each other during World War II. Before the war Robbie has a medical career and a potential romance with Cecilia in his future. His bright prospects turn dark when Cecilia's little sister, Briony, falsely accuses him of rape. Turner is jailed, then conscripted into the military to fight in France. As a 13-year-old with an overactive imagination and a crush on Turner, Briony's accusation haunts the main characters and the audience long after the credits roll.

- Cabalo



## Putting the ‘I’ in America

**Cpl. Chadwick deBree**  
*Combat Correspondent*

Back when I had cable (along with a television set) in my room, I’d dedicate an hour daily to watching the, what I like to call, Stewart/Colbert hour on Comedy Central. These shows were a must watch during the day due to the witty insight on current events, but then I found myself without cable and a TV, thus my hour was lost. Last November I was sent to Twentynine Palms, Calif., to participate in Mojave Viper, and while there, at Camp Wilson’s little exchange, I ran across a book. A glorious book that could make up for the hours I lost not watching the “Colbert Report.” The book is called, “I am America (and so can you).” No matter how much I was tempted to buy it, I didn’t want to buy it right then and there, mainly because I didn’t want the sand to ruin it. So, I waited till I came back to good ol’ Hawaii. Granted it took me a while when I got back to buy it. After reading the introduction, I was hooked, and Colbert came back into my life in print form but just as hilarious. The book is filled with witty

problem at hand. For instance, Colbert put together a little chart on animals; that are on the endangered species list and why they should be endangered. (One of the animals he included was the Hawaiian Monk Seal.) Even the book’s layout is great. The book is designed like a textbook and includes little margin notes and footnotes. The margin notes are Colbert giving a little insight or history on why he wrote what he wrote, while the footnotes dive even deeper into his argument either for or against the topic at hand. What makes this book more entertaining is the little mini-games he includes. One example



is a maze where you guide a senior citizen to what makes them happy. The options include retirement in Florida, grandchildren, social security and other hilarious answers. The thing about this book though is it’s exactly like his show. When I began reading it, I could picture him saying what he wrote on his television program. I could imagine what tone he would use when saying certain things. Then again, I’m without a TV and this is still fresh material for me.

This is a great, entertaining book for people who are part of the “1,000,000 strong for Stephen Colbert.” I highly enjoyed the entertainment this book provided me, and that’s another thing. When reading this book people have to remember, it’s entertainment. I know how people think Stephen Colbert is on his show, but it is what it is — entertainment. I’d recommend this book to anyone who needs a good laugh at American society and government policy.

## TALK\* STORY

\*[tōk stōreɪ] Hawaiian slang for an informal, lengthy conversation. Often used as a method to bond, or a good way to kill time.

With the presidential election forthcoming, we can’t help but reflect on presidents past. Our personal favorite is William Henry Harrison. We can only imagine how much different the country would be today if he had more than 31 days in office. If we could elect him again, we would. Which makes us wonder ...

**If you could elect any past president (dead or living) who would you choose?**



I would pick JFK. He had all of these ideas for the country, but he didn’t have the chance to see them through. It would be great to see him stay around long enough to do more.

— Ralph Taylor



“Abraham Lincoln, because I think he would have had really neat observations in politics today. If he were alive, I think he’d be doing so many amazing things and encouraging us to go back to the basics.”

— Sharon Zauner



“I’d want George Washington. He had it figured out. He really understood the fundamentals of what we stand for as a democracy.”

— Capt. Tom Hollman



# Desert Diaries

**Lance Cpl. Alesha R. Guard**  
*Combat Correspondent*

Since 1965, the Marine Corps has effectively preserved its history through the Marine Corps Oral History Branch. The corps-wide program is conducted here by Capt. Diana Mearns, the historical program officer, who documents the accounts of Hawaii's service members. The warriors' stories are collected orally and join the ranks of thousands of Marines and Sailors who've come before them, dating back to the Vietnam War.

"Desert Diaries" tells the personal stories of pride and loyalty, humor and sadness, and the glory and horror of America's wars. The stories are provided by the base historian, and are published to help share our warriors' stories with the public.

Captain Jason H. Lee deployed to Iraq in May 2007 and helped Iraqis improve their judicial system, cre-

ating possibilities for fair trials of detainees to improve the lives of the Iraqi people.

Lee left his job as a legal assistance officer at Base Legal here and deployed as an individual augmentee to Baghdad.

"I was first assigned an administrative law billet, at Victory Base, Headquarters Multi-National Force," Lee said.

The first couple months he worked at the joint-service base on administrative law issues; foreign national waivers, (allowing non-citizens access in and out of a country); and Article 15 investigations, (examining nonjudicial punishment of service members).

"My last four months I was moved to a law and order task force, also in Baghdad," Lee said. "I went to Forward Operating Base Shield which is right across the river on the eastern side."

The FOB included an Army mil-

“The Iraqi catchphrase was ‘Build Iraqi Judicial Capacity.’”

itary police company, a military transition team as well as the law and order task force.

"The Iraqi catchphrase was 'Build Iraqi Judicial Capacity,'" Lee said. "It's a rule of law mission where we work with Iraqi judges and Iraqi criminal investigators . . . to prosecute Iraqi criminals, insurgents and terrorists."

After moving to FOB Shield, Lee was able to travel off base to take Iraqis to detention facilities as well

as find evidence and witness- es for investigations. His team was responsible for improvised explosive device cases.

"Our investigative teams were usually four to five members," Lee said. "Each team had a military officer, usually a Navy master of arms, one Iraqi investigator and an interpreter."

Lee and his team worked with foreign disclosure officers to reclassify classified information, making it available for Iraqi investigators. The team also helped the Iraqi infantry bat- talions and Iraqi investigators with the logistics for investigations, including military air transport.

"My mission with the law and order task force was being there with the Iraqi investigators throughout the whole process, up to the point where they had enough information and inter- views they needed for each investi-

gation," Lee said.

Lee said their goal was to help make it possible for Iraqi detainees' court cases be Iraqi driv- en. To help achieve this goal, Marines at the FOB built a new prison complex.

"The prison complex is run by Iraqis with American advisors," Lee said. "We were able to get Iraqi judges to issue an order, take it to the commander of the detention facility, and ask to transfer the detainees or suspects from their custody into our new prison com- plex."

The prison allows Iraqi suspects' cases to be brought to Iraqi judges by Iraqi investigators.

In December 2007, Lee returned here after his seven-month deploy- ment. For Lee's service in Iraq, he received the Joint-Service Commendation Medal.

Lee is considering ending his active service in November so he can mobilize with a reserve unit and hopefully deploy again.



Lance Cpl. Achille Tsantariotis

Leslie Pokorski demonstrates proper technique to a trainee at the Semper Fit Center here. Pokorski has been a personal trainer here for roughly two years, carefully constructing workout routines to meet an individual's specific needs.

## A Day in the Life

**Lance Cpl. Achilles Tsantariotis**  
*Combat Correspondent*

Editor's note: A Day in the Life highlights military occu- pational specialties and Department of Defense jobs throughout the Marine Corps. This series gives appreciation to the thousands of service members, DoD employees and civilians who make Marine Corps Base Hawaii and instal- lation of excellence.

Leslie Pokorski is a maestro of physical fit- ness at the Semper Fit Center. Arranging and orchestrating physical train- ing schedules catered to the individual is all in a days' work for a personal trainer.

Potential fitness trainees go in and speak with a train- er, and begin an assessment. The trainer asks questions on fitness goals and where

they currently stand con- cerning fitness levels.

Ranging from Marines to senior citizens, Pokorski said she adapts workout routines to each individual, leaving no workout routine the same.

"After the assessment, we ask what they're looking to improve on and overall goals to better construct a workout plan that'll work for them," Pokorski said.

Pokorski said the progress is one of the aspects that make her work enjoyable.

"It's gratifying to see peo- ple raise their self-esteem and fitness at the same time," Pokorski said. "For instance, at some of the Semper Fit [aerobic] pro- grams you'll see people approach the program intimidated. After eight weeks, they'll leave confi- dent and in better physical condition."

Pokorski holds a degree in exercise science from the University of Southern Mississippi and has been in the field for roughly eight years, two of them at the Semper Fit Center.

"If they're new to work- ing out or prefer more time, I'll usually see them twice a week," Pokorski explained. "But if they're in shape or have been working under the supervision of an instructor, we try to slowly wean them off, coming in maybe once a week or less. I had this Marine who came in and was looking for sug- gestions on how to change up his workout, and eventu- ally he'd just come in once every two months to show me what he's been doing and find out what he could change."

Pokorski said variety is crucial to consistently see- ing results, never allowing

muscles to become immune to the typical workout.

"To me it's all about help- ing people change or improve their quality of life," Pokorski said. "If someone has an injury or recently gave birth, I'm going to help them through it and oversee their recovery the best I can."

Many of the patrons appreciate the trainer's efforts.

"I think they do an excel- lent job assembling a work- out that will help you the most," said Jann Fitzgerald, a trainee who used the Semper Fit Programs to help her recover from an ankle injury.

The assessment is free for active duty, costing \$5 for civilians and family mem- bers per appointment there- after. For more information, contact the Semper Fit Center at 257-7597.

## The Middle East in Brief

Commentary, analysis and short lessons on politics, history and current events in the Middle East

**Kenneth Griffin**  
*Managing Editor*

A top terrorist died Feb. 12, assassinated by an unknown party, and his death has special significance for the Marine Corps and the U.S. It could also have deadly implications for Israel, as Shiite terrorist group Hezbollah and Iran blame the Jewish state for his death.

Imad Mughniyeh, also known as Hajj Radwan, was a top Hezbollah commander, often referred to in the media as the terrorist group's chief of intelligence.

Hezbollah and others were quick to blame Israel, although there's no specific proof and Israel denies killing the terrorist by car bomb in Damascus, Syria. So far, Syria hasn't blamed Israel or any other party for the attack.

The Weekly Standard said Mughniyeh's death by car bomb was fitting, since he himself had built many bombs during his life and deployed them in terrorist attacks. It may be difficult not to agree with that reasoning after looking at some of the many crimes the terror mas- termind perpetrated against the U.S., Israel and the world:

- \* 1983 – Masterminded the truck bombing of the Marine barracks in Lebanon, resulting in the death of 220 Marines and 21 other service members.
- \* 1984 – Involved in the kidnapping, torture and murder of Beirut CIA Station Chief William Buckley.
- \* 1985 – Planed the Hezbollah hijacking of a TWA flight, resulting in the murder of a Sailor who was a

passenger on the flight.

Mughniyeh participated in multiple high-profile attacks and kidnappings on U.S. and Israeli targets throughout the 1980s and early 90s.

Shiite militants formed Hezbollah after Israel invaded Lebanon in 1978. Mughniyeh, who'd been studying at American University up to that point, dropped out of school and became one of the driving forces in Hezbollah's guerilla movement.

Hezbollah, which trans- lates to "Party of God," is pri- marily an Israeli resistance group, but has evolved into a powerful political party in Lebanon. The group is highly supportive of Syrian hegemo- ny in the region, and also serves as a regional extension of the Iranian mullahs and Revolutionary Guard. Hezbollah fighters receive weapons, cash and training from Iran.

In a significant develop- ment, Iran gave Hezbollah millions of dollars in 2006 to aid Lebanese civilians affect- ed by Hezbollah's war with Israel. It was an effective pub- lic relations tactic and helped shift public opinion their way.

Mughniyeh was an enig- matic figure, killed in a very public, high-profile manner. As his fans and Hezbollah cope with the loss of one of their leaders, look for the group to stage spectacular ter- ror attacks and maybe small- scale military operations against Israel, similar to the kidnapping of an Israeli sol- dier in 2006 that resulted in war.

## MOVIE TIME

**Prices:** Friday and Saturday 7:15 p.m., shows are \$3 for adults and \$1.50 for children. Sunday matinee is shown at 2 p.m. Shows are \$2 for adults and \$1 for children. Evening showings on Sunday and Wednesday are at 6:30 p.m. and late shows are shown Friday and Saturday at 9:45 p.m. Cost is \$2 for adults and \$1.50 for children.

For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call 254-7642 for recorded information.

**Sneak Preview Policy:** One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons wait- ing in line, then second and third priority patrons.

In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magne- tometer wandling, audience scanning with night vision goggles during screening.

The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

One Missed Call (PG13)  
Alien vs. Predator-Requiem (R)  
The Kite Runner (PG13)  
Sweeney Todd (R)  
The Water Horse: Legend of the Deep (PG)  
Alien vs. Predator-Requiem (R)  
One Missed Call (PG13)  
Juno (PG13)  
The Kite Runner (PG13)

Today at 7:15 p.m.  
Today at 9:45 p.m.  
Saturday at 7:15 p.m.  
Saturday at 9:45 p.m.  
Sunday at 2 p.m.  
Sunday at 7:30 p.m.  
Wednesday at 6:30 p.m.  
Friday at 7:15 p.m.  
Friday at 9:45 p.m.



# SPOTLIGHT ON BASE

## WORD TO PASS

Local bands Busekrus, Pimpbob and Breaking the Innocent are performing, and there will be \$3 drinks all night for those wanting to get their sippy-sip-sip on.

For more information, call Merri Fernandez  
at 254-7624.

For more information, e-mail [friendsofmoka-pu@gmail.com](mailto:friendsofmoka-pu@gmail.com).

Expectant parents are invited to attend Baby Boot Camp at the Base Chapel, Room 30 A-B, from 9 a.m. to 3 p.m. March 4-5. The childbirth education and infant care class prepares new

To sign up, visit <http://www.nmfa.org>, and click on "Youth Initiatives."

# MARINE MAKEPONO

HAWAIIAN FOR "MARINE BARGAINS"

**Studio**, ocean view, high ceilings, private, covered parking, large lanai, kitchenette, shower, bath, hot tub, near Windward Mall. \$1,300 per month including utilities. Call 239-5459.

**Large blue carpet**, with padding, rectangle size fits 802 garage, \$75. Call 781-8835.

**Round pub table and stools**, antique oak with black painted finish on the legs, new, \$250. For dimensions call (661) 406-6361.

**2003 Chevrolet Cavalier**, \$5,000 or best offer. Great gas mileage, a/c, state approved tinted windows, 50K miles, 4-door, gold, black interior. Call 781-8835.

**1998 Chevrolet Camero, \$4,800. Call 391-8736.**

**1997 Pontiac Trans Am**, purple convertible, 69K miles, new tires, brakes and belt automatic, one owner. \$10,000 or best offer. Call 343-2716.

*Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees.*

*Ads are free and will appear in two issues of Hawaii Marine, on a space-available basis.*

Those interested in advertising must bring a valid DoD-issued ID to the Hawaii Marine Office.

Makepono may be used only for noncommercial classified ads containing items of personal property.

Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office located in Building 216, room 19, aboard Marine Corps Base, Kaneohe Bay.



# ON THE MENU

## AT ANDERSON HALL

Aloha Jewish Chapel Pearl Harbor (Bldg 708) across from Makalapa Medical Clinic  
POC Mr. Daniel Bender, 523-4814  
Monday- 6 p.m. - Jewish Bible Study  
Friday- 7:30 p.m. - Kabbalat Shabbat  
Saturday- 8:15 a.m. - Shabbat Morning Services

Our next scheduled "Feeding the Homeless" at the Institute of Human Services in downtown Honolulu will be Feb. 16. For more information, call Jessica Broda 351-6531.

Located at the MCBH Theater's Courtyard, 257-1919.  
Personal Growth Training- Feb 20-21 and Mar 8-9.

Recorded message:	257-3552		
Chaplain Linehan:	257-5138	RPC(SW/AW/FMF) Nicholas:	257-8319
Chaplain Stroud:	257-1501	RP3 Chambers:	257-4463
Chaplain Cates:	257-8318	Marlene Miller (Rel. Education):	257-1499
Chaplain Hill:	257-2734	Nadine Kurtz (Secretary):	257-3552

MCBH Duty Chaplain: 257-7700

\*The Base Chapel maintains a list of local religious churches and congregations. For more information, call 257- 5138.



CINNAMON’S, from B-1

Nowadays, Green prepares the hollandaise with 40 eggs at a time without batting an eye, Puna said. The eggs aren’t the only increase; Cinnamon’s too has grown from an upstart restaurant to a Kailua staple.

Green’s skill in the kitchen plays a large part in Cinnamon’s achievements as the restaurant’s menu boasts an impressive breakfast and lunch menu. Breakfast is the real star of Cinnamon’s though as the business has been listed as one of “Hawaii’s Best Restaurants” five year’s running by readers and staff of the Honolulu Advertiser as well as winning “best breakfast.”

Although nearly 85 percent of Cinnamon’s’ patrons are returning customers, many of whom don’t tend to stray far from their favorite dish, Green keeps the menu fresh with dozens of daily and weekly specials, including a pancake repertoire nearing 100 recipes.

With such a wide variety of specials, it’s possible to eat at Cinnamon’s once a week and never have the same type of pancakes for years. You will almost undoubtedly see a familiar face though, whether it’s the cashiers and wait staff whom Puna calls a “family staff” and credits for the restaurant’s success and relationship with the community, or loyal customers like Dolores J. Gott, a Kailua resident who makes it out to Cinnamon’s at least once a month.

“The people here are so nice and friendly,” Gott said. “The food is great and there’s such a wide selection. It’s the atmosphere I love most. It’s like coming to a friend’s house.”

Gott makes regular trips to Cinnamon’s and is always sure to bring visiting friends and family to the restaurant, which she feels is a great representation of Kailua.

“They are a part of Kailua,” she said. “Cinnamon’s is a constant and you know you can count on it. They just go out of their way to make you feel welcome.”

Making customers feel at home was always Puna’s goal when he and his wife Bonnie founded the restaurant. Cinnamon’s has managed to maintain it’s family feel, even if the family is increasingly large. On Sundays between 600 and 700 customers come through, none of which will wait more than 30 minutes to be seated, Puna said. He advises parties of five or more call ahead for reservations.

Although Kailua wasn’t Puna’s original choice for the location of Cinnamon’s, he’s glad his wife found the available space just five minutes from their home in 1985.

“We love Kailua,” Puna said. “We’ve seen it grow and expand.



Kaylen M. Burgess, 2, takes a poke at breakfast during a meal with her family Monday morning at Cinnamon’s Restaurant in Kailua.

Art with heart



Lance Cpl. Alesha R. Guard

The Kaneohe Officers’ Spouses’ Club held their annual art auction at the Officers’ Club Saturday evening to raise money for charities that support service men and women and their families. Featured guest artists included Bill Braden, Garry Palm and Gary Weed. Silent auction artists included David Grojean and Meg Overstake. Past recipients have included organizations such as the American Red Cross, Fisher House, Military Child Education Coalition, Navy Marine Corps Relief Society and many more.

We’ve seen three generations of kids coming through here. They come in when they’re kids, and before you know it they’re bringing their kids. The other day a young girl came through. It wasn’t the weekend and it wasn’t a holiday. I wondered why she wasn’t in school so I asked her, ‘What are you doing in here, why aren’t you in school?’ She said, ‘I’m in college.’ ‘Since when?’ I asked. She said,

“I’m a sophomore.’ I feel old.”  
Cinnamon’s Restaurant is open from 7 a.m. to 2 p.m. daily and only closes on Christmas and New Year’s Day.  
For more information, including a full breakfast and lunch menu, or to make reservations visit <http://www.cinnamonsrestaurant.com> or call (808) 261-8724.



Photos by Cpl. Mark Fayloga

Eggs Benedict, Cinnamon’s Restaurant’s signature dish, sits on the counter prior to being served to a patron of the restaurant Monday.



# AROUND THE CORPS

## From sergeant to Navy chaplain, still serving

**Lance Cpl. Meghan J. McNabb**  
*2nd Marine Logistics Group*

**MARINE CORPS BASE CAMP LEJEUNE, N.C.** — Navy chaplains work hard to provide a listening ear to Marines and Sailors.

Second Marine Logistics Group chaplain, Cmdr. Philip J. Pelikan, spent the past 18 years successfully doing so.

Born in Long Island, N.Y., Pelikan moved to Los Angeles when he was three years old, where he was raised. He enlisted in the U.S. Air Force in 1971, while facing the draft during Vietnam. He served in Misawa, Japan, during that time and was involved in the evacuation of Vietnam, during Operation Frequent Wind in 1975. He was honorably discharged as a sergeant.

Afterterwards, Pelikan worked odd jobs, such as a skate guard at the Ice Capades Chalet in L.A. He used his G. I. Bill to attend L.I.F.E Bible College in Los Angeles, where he earned his bachelor's degree in theology.

“Because of my experience in the Air Force, and my call to the ministry, by the time I graduated in 1980 I felt called to the military chaplaincy,” Pelikan said.

After inquiring about chaplaincy, Pelikan learned he must have a Masters of Divinity degree and began a three-year program at Fuller Theological Seminary in Pasadena, Calif.

“The three-year program that I signed up for actually took me nine years to complete,” Pelikan said. “I was married and had growing children that I had to provide for.”

After deciding to become a chaplain, Pelikan chose the Navy because of his love of the sea, ships and the relationship between the Navy and the Marine Corps.

“I didn’t really earnestly pursue becoming a chaplain in the Navy until I was driving by Camp Pendleton one day,” he explained. “I was driving in the car with my wife and next to us was a car full of Marines who were just goofing around. I turned to my wife and said, ‘This is where I need to be.’”

Pelikan's first experiences serving with Marines were with the 3rd Marine Air Wing and later with 2nd Battalion, 7th Marine Regiment, 1st Marine Division, at Twentynine Palms, Calif. He later deployed to Kuwait with 2 /7 at the end of Operation Desert Storm.

Pelikan said he always knew where he stood with the Marines and even in the midst of training and hardships they treated the chaplains well.

“Marines [I encounter] always seem to care for chaplains,” he said. “They respect the chaplains and always seem to appreciate whatever we do for them whether or not they’re religious.”

The job chaplains perform while deployed helps bring a bit of home to the Marines by offering religious services, Pelikan said. He expressed the purpose of a chaplain isn’t to force religion down anyone’s throat. It is the contrary. The purpose of having a chaplain is to help Marines and Sailors practice their faith group traditions.

“The primary purpose of a chaplain is to provide counsel, a listening ear and advice in the middle of trying situations Marines or Sailors may face in any environment,” Pelikan said. “Each chaplain first, provides for his own in accordance with his faith group traditions.

Second, regardless of faith group traditions, chaplains facilitate the free exercise of any other religious expression by training and equipping lay leadership (not ordained ministry, done by ordinary Sailors and Marines to enable those of different faith groups to practice their religion), Pelikan said.

“Third, chaplains care,”

Pelikan said. “Regardless of whether or not people are of faith, everyone deserves attention.”

Pelikan expressed one of the highest compliments he has received was from a professed atheist Sailor, who wrote an e-mail to the commanding officer stating he felt the chaplain really cared and provided comfort for those who needed it.

Pelikan explained that a common misconception about chaplains is that someone has to be religious to “get anything out of seeing the chaplain.” In addition to their theological training, many chaplains have extensive counseling training.

“Some chaplains are state licensed marriage and family counselors,” Pelikan said. “Many chaplains have Clinical Pastoral Care training that deals with critical issues surrounding medical conditions and matters relating to stress facing the medical problems.”

Pelikan noted that all chaplains must be endorsed by a

religious group and follow the traditions of that group to become a Navy chaplain.

“We don’t just decide to do this one day and join the Navy,” said the Eastern Orthodox priest. “We have to petition a religious group and request an endorsement. They provide the endorsement that allows us to be a chaplain. Without the endorsement, we don’t serve.”

Pelikan said the past eighteen years serving in the Navy has been a wonderful experience. When Pelikan became a chaplain, he wanted to help Marines and Sailors in as many different ways possible.

“I always try to make myself available in many different ways, so Marines know I really care,” Pelikan said. “I try to go on the humps and battalion runs and visit the remote positions in the field so Marines feel comfortable to come talk to me about anything. I want the Marines to know that no matter what they have done or said, in peace time or in combat, God loves you.”



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Commander Philip J. Pelikan speaks to the chaplains and religious program specialists of the 2nd Marine Logistics Group at a weekly meeting. Pelikan is the 2nd MLG chaplain and supervises the eight chaplains in different MLG units to ensure they have everything they need and the commands support them.

